

Class Schedule - 2010 Summer Session (July 12 - September 18)

Studio Closed: Monday, Aug 2 (Civic Holiday), Monday, Sep 6 (Labour Day)

Mat Classes (Min. 5 required to run class - Max. 9 in class)	Cost: \$160 / 10 wk session
Equipment Classes (Min. 3 required to run class - Max. 4 in class)	Cost: \$270 / 10 wk session

Times	July 12 - Sep 13 Monday	July 13 - Sep 14 Tuesday	July 14 - Sep 15 Wednesday	July 15 - Sep 16 Thursday	July 17 - Sep 18 Saturday
6:40-7:30				Power Paced Mat & Reformer Level 2/3 OPEN*	
9:00-9:50					Essential Reformer Level 1/2 OPEN* (Space limited, Must book in advance, Prior reformer experience required.)
10:00-10:50	Intensified Essential Mat Level 2 OPEN*				Power Paced Mat All Levels OPEN*
11:00-11:50				Circuit Level 2	
12:00-12:50		Core Challenge - Mat Level 3 OPEN* Jumpboard Interval Training Level 2	Essential Mat Level 1 OPEN*	Core Challenge - Mat Level 3 OPEN* Jumpboard Interval Training Level 3	
17:30-18:20	Essential Reformer Level 1	Core Challenge - Mat Level 3 OPEN*	Intensified Essential Mat Level 2 OPEN* Body Sculpt - Reformer Level 2	Circuit Level 3	
18:30-19:20	Essential Mat Level 1 OPEN* Circuit Level 2 / 3	Intensified Essential Mat Level 2 OPEN* Body Sculpt - Reformer Level 2	Intensified Essential Mat Level 1/2 OPEN* Circuit Level 2	Power Paced Mat Level 2 / 3 OPEN* Essential Reformer Level 1	
19:30-20:20	Power Paced - Reformer Level 3			Body Sculpt - Reformer Level 2	

(as of July 15, 2010)

***OPEN = Open for Drop-in clients. Registered clients have space priority.**

NOTE: Schedule subject to change. Please call to confirm class availability, level, and time.

GST not included in price.